



Garbage in the 1970s
It's all in a day's work for sanitation workers.
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SPOKE

A LEADING NEWSOURCE FOR JOURNALISM STUDENTS



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Saluting the Portraits of Honour

By JANE HARRISON

Behind the doors of the 128 Conestoga soldiers who lost their lives in Afghanistan is one of an unpaid painter who dedicated his time and money to create portraits these troops.

Dean Dwyer returned home to Conestoga on Dec. 30, after making 180 stops at his former Conestoga home with his painting, Portraits of Honour.

Dwyer's painting received a tremendous response across the country as he received letters and emails from the military and the wives he visited. "The painting is a work which features 128 faces of the fallen troops in Afghanistan, as well as one (Dwyer's) face, for every Conestoga soldier who lost his or her life from the First World War until present day Canada has lost over 180,000 soldiers," Dwyer currently has 12,000 prints on the painting and is working toward his goal.

Dwyer's inspiration came in 2008 while making a terrazzo pan. "I looked at the newspaper on Dec. 6, 2008, and it said that we had lost over 180 of our troops in Afghanistan," he said. "That morning I had all 500 little faces on the front of the paper. The impact that it had on me was so strong I knew I had to do something — it had to be something special."

His earliest painting of the faces immediately got picked up at his studio at Glen Headen Road, however, he decided that he wanted to make a collage of the faces



A mother and daughter crafted each other while working at the Portraits of Honour painting on Dec. 30 at Wyndham Regional Police Headquarters on Maple Grove Road. Artist Dean Dwyer returned home to Conestoga after he toured Canada with his painting.

and he wanted it to be big. While requiring the correct resources to complete the painting, Dwyer found a copy place that donated a 12 ft. by 32 ft. canvas and he received word that the Kinsmen and Kiwanis Clubs of Preston would allow him to open a second studio in their building where he could do the work.

Ernest Ho, president of the Kinsmen Club of Preston, and the painting gives Conestoga the opportunity to say thanks to their own way for the sacrifice all soldiers gave for our freedom.

"Dwyer is an amazing friend and artist and I am proud of the work he has done on this painting in keeping their names alive and by giving us a lasting memorial," he said.

Dwyer decided to not write his usual style as an abstract artist, instead using an oil-based paint for the first time. "Abstracting will last 20-30 years, but all paintings have been known to last 500-600 years. By doing it the way the masters did it 500 years ago, I kind of feel reassured that this will be a national treasure and that it will be saved for many years."

While painting, Dwyer hopes to find the process overwhelming.

"It becomes very emotional because I spent about two to three hours studying the faces and looking into their eyes," he said. "When you spend that much time looking into their eyes you get a feeling of how they felt and what they were."

The tour began on May 25 when Dwyer traveled the painting with the governor general in front of 5,000 people at the Kelowna Auditorium.

"The painting travelled across the country often preceded by parades and speeches from mayors, dignitaries and Dwyer."

"In my speeches, when I stand on them, it was really to honour those young men and women that have died and will people that we're trying to raise funds to help those that are coming home with physical and emotional injuries," said Dwyer.

Play (David) Franklin was inspired by the painting and was inspired by the local work and dedication.

"It represents the courage of

the troops and their families and will continue to be a symbol we can honour the years to come," said Franklin.

Although Dwyer has had numerous requests for the painting, his future is yet to be determined. He has been asked to bring it to the Confederation Railway in Washington as well as June Beach in France for display in six months where a new war museum will be opened. He was asked to go to northern Canada tour to commemorate the crisis he didn't visit as he previous trips.

Dwyer is now working to reproduce himself for the money he spent in time.

"The painting has cost me a fortune but it's been worth every penny — I don't regret a cent."

By JANE HARRISON

The Angel drop has proved to be the drop intensely this past year's period.

After a number of complaints about slow server times on the Conestoga website, the IT department will be contacting teachers in January to discuss themselves to the drop, but instead on the educational software.

The new drop has features added this year on Angel,

which allows students to upload assignments and projects for their classes, has been the major problem, said Mike Abraham, manager of the IT department at Conestoga.

"Some of those files are either large or it is not up the server," he said.

Many students found it difficult at the end of last semester to keep up-to-date on their grades going into exams and summative projects due to slow server times affecting the

Student Portal as well.

"The heavy feedback from our teachers and not knowing important marks, such as my end-term mark, gave me an indication of how well I was doing in the system and gave me the push that I needed to get into the final," said Adam Swartz, a third-year business management student.

Swartz suggested that the drop be made only be available to students for a two-day window and then two days

off, so allow teachers, who have also been experiencing long waits, to get online and post grades during the busy exam weeks.

Another suggestion is alter the timing on the server would be to move the drop from before to third-party software, and Amazon.

Since 2008 when Conestoga switched over from WebCT to Angel, there have been a number of updates and new software developed that could

work as a third-party such as My School Shaden Blackboard Learn and other online drop box sites.

"The update could save a lot of time but could cost a bit of money, which could possibly be passed on to students through tuition increases or other unrelated fees."

"We haven't decided on any thing yet but we are aware of the problem and are currently looking into it," said Abraham.

Conestoga's slow servers slow students

**Now deep thoughts
... with Conestoga College**

Random questions answered by random students
What is your New Year's resolution?



"To create and synthesize is (almost) wrong for every man and his laboratory."

Female: Monocaryotaxia
Wingspan:
Current year:

Table 1



Author: **Michael J. S. Lewis**
Editor: **Michael J. S. Lewis**
Editorial Assistant: **Michael J. S. Lewis**



TABLE 1

Journal of Management Inquiry



¹²For example, see *United States v. Williams*, 121 F.3d 1029 (9th Cir. 1997).

[illegible]

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“I am not a doctor, and I am not a nurse,”

Radly, Kenneth
kenneth@radly.com
radly@radly.com

NHL lockout looming

Division re-alignment a sticking point



Exclusion

Source: <http://www.fishbase.org>

This is a big area of concern for many hockey fans because the teams in the top division with seven losses will stand a better chance of making it to the playoffs.

But is there a risk that the longer and the player's nomination comes down upon?

I think that the league is attempting to make two weeks of a change and they shouldn't be trying to make up a league and a playoff format that has been working for the last five decades.

1. **Introduction**
 2. **Methodology**
 3. **Results and Discussion**
 4. **Conclusion**
 5. **References**

Ed Macdonald, a hockey analyst for TSN, has pointed out that usually sweeping the Winnipeg Jets in the Southern division, and the Detroit Red Wings, in the Central division, would be the quick fix that could solve the league's problems.

There is clearly an issue here that both the NRE and the NREPS have taken notice of but to that point, NRE, co-chairman Gary Hoffman has been trying to handle the issue without help from the others.

If this issue is going to be resolved, Hartman will have to communicate with the PEOPLE and suggest their next step.

With the collective bargaining agreement set to expire at the end of the season, there is not the time for Bettman to test the patience of the already disgruntled

Attention all Graduates

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Figure 2.10. *read.Coverage* for *Staphylococcus aureus*

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anyone study or graduate that does a variety more of research prior to the proposed doctoral thesis is equally over-represented or ignored?

Readings represented will focus on the state-of-the-art in the field and progress. The will also have some readings and seminars on contemporary issues, available to students who are interested.



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PHOTO BY WILLIAM BERN
Master contractor Don Carok, owner of Concepto's Winter campus, smiles on Dec. 28 to speak to students in the media and apprenticeship programs.



Master contractor doesn't believe in luck

By WILLIAM BERN

Concepto's College is known for many things, one of which is its ability to connect its students with real world learning experiences. Last month, students in the carpentry department at the Winter campus had the opportunity to learn from an expert in his field, Don Carok.

Carok, a master contractor with a successful show called *Real Remodel* on HGTV and a column, *Along with Mike Holmes* on HGTV's show *The Handyman*. Superior Challenge, was at the college to give a presentation and take a tour of the campus.

"I don't believe in luck. I believe in opportunity," Carok said. Opportunity presented

itself to Carok in 1979 in the form of an apprenticeship before he had finished high school. He began his career as a sheet metal apprentice. "Knowing that apprenticeship actually got me where I am today. It's a great experience," he said.

According to Carok, he was living every guy's dream. At 23 he owned a Corvette, a convertible and a boat and he was making more money than his dad. He stayed with the company for 15 years, but one day said to himself, "You don't really want to keep on for the rest of your life." Carok wanted the option of being able to start his own business, so he completed his contract on January 15, 2001 (2001) when he was 37.

Carok didn't open his own business right away. He got married, started a family and worked many jobs before he started Carok Group, one of Canada's most respected custom renovations, home building and consulting firms, according to www.thecarokgroup.com.

Everybody's got a dream and everybody's got a goal. It doesn't matter what it is, just keep it. Carok said "War's the limit."

Steve Altomonte, a first-year carpentry honors student, said, "Am had a lot of good advice. He said to never get discouraged and I think that is good advice to anyone starting out in the trades."

While Carok was touring Concepto's Winter campus,

he asked Doug White, School of Trades and Apprenticeship chair, what made Concepto better than all the rest.

"I think the three factors that really make Concepto the most successful trades school, and very clearly the largest trades school, is primarily our program advisory committee, our staff and faculty and the other things that make us No. 1 in sector management," White said.

Wes Howard, a first-year general carpentry student, was one of the many students who attended Carok's speech. "I think it was good. He had some motivational tips and encouragement. I think the biggest thing that he said that I really thought he was talking the bottom line because a lot of

times to go into an interview, people say to ask your employer or questions but no trades that usually doesn't happen. I thought that was a most perspective," he said.

Merdon Smith, a carpentry instructor at Concepto's Winter campus, repeated the word. Smith's goal was to encourage students to continue on in the trades.

"To have someone like Mr. Carok come in and talk to the students in general. I was happy with Mr. Carok's message about everyone having opportunities in life. It is up to us to choose which opportunity is right for us and to take advantage of those opportunities," he said. "It is very encouraging to listen to successful people in our trade."

Racing for a good cause

CSI gives \$1,000 to winning team's charity

By EVAN ROBIN

A mini version of the Daytona 500 was on display at the Cambridge campus on Dec. 9.

Second-year robotics and automation students had the chance to start their stuff when it came to their self-made robotic cars. Teams lined off against each other to see which empty vehicles could outmaneuver the best around in a oval track. Students were able to buy any parts they required but had to put it together with the skills and knowledge learned in class.

The cars weren't remote-controlled, so students spent class in all hours planning and troubleshooting their self-propelled cars that

needed both speed and precision cornering. Some cars were fast, some could turn on a dime while other cars couldn't move at all. Robotics and automation professors, Chris Johnson, said there are so many things to consider when something such a complex design.

"Something that looks fairly simple isn't always as simple when you actually try to do it," said Dobson.

Incorporating class material at such as sensors, motors and drive systems to these robotic cars gives students the chance to learn in a practical manner according to Dobson.

Students are the only skills that they learn by having to implement something," he

said.

Not only did the victory teams bragging rights but since it was the group win, one CSI rewarded a \$1,000 donation to a local charity of their choice.

The winning team, who called themselves Alternately, left the rest of the competition in the dust with their quick and sharp cornering car. Matt Tymstra, a member of the team, said that the many hours spent planning and problem solving should really help when they leave school to start looking for a job.

"This is basically applied to everything we've learned so far," he said.

Second and third place were taken by Mike's Machine and Ace respectively.



PHOTO BY EVAN ROBIN
Second-year robotics and automation students weigh in with great interest on their self-designed cars race at the Cambridge campus on Dec. 9.

Stolen laptops create risk

By **CHRIS KANE**

Between Nov. 30 and Dec. 3, 2011, nine laptops were stolen from the Waterloo Region District School Board's education centre in Kitchener.

These laptops contain either "with students' personal information."

Details about the breaches were not released to the public until Jan. 4.

The personal information of the students was not the target of the theft; it was the laptops themselves.

But it is the information on them that is making people uneasy.

Exactly what kind of personal information are on the computers hasn't been disclosed, nor how many students were affected.

Individuals and families affected by the theft were to be notified, the board said.

Other than the students' grades, personal information should not be recorded on laptops.

There are many the target of thieves because they are so portable. Instead, important information on students should be kept on a mainframe with adequate security measures to prevent hacking.

Certain information on each student as needed in any school, such as a contact number and other info.

However, only vital, personal information should be recorded.

We don't know what the education centre had in terms of a security system, because the police haven't released this information.

However, using a laptop with computers, televisions and other expensive electronics, it should have the best available security.

The one piece of good news is a highly specialized knowledge would be needed to bypass the security on the laptops.

In any situation where personal information is involved, people trust that their privacy will be protected. Conestoga College and all other educational facilities must should make sure, and ensure the same security failure doesn't happen here.

The piece herein represents the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the author. Writers will be contacted for verification.

We assigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to The Editor, Spoke, 2100

Dean Valley Dr., Room 1204, Kitchener, Ont., N2G 6M4



Life is like a box of chocolates. You never know what you're gonna get." Forrest Gump famously said.

People are faced with things and great opportunities. Get to move on in life but take the next step is a hard decision.

There's no clear way to move on but it's something that a person needs to do mentally and physically.

An example of moving on in life could be experiencing a death in the family or losing a job up with a boyfriend or girlfriend.

In my circumstances, I was faced with moving on at an early age.

When I was five years old, my mother passed away. Being young, I really had no idea what was going on that day but my life drastically changed.

I saw my grandparents and took over a family with two young children and had them share the night pain.

Since the day my mother died, I have taken the time to understand a lot of things about moving on and what it's the right time to do.



Jeff Bonham
Opinion

Decisions are hard to overcome and move on from in life but it's a challenge that every person will face.

Do not follow where the path may lead. Go, instead, where there is no path and leave a trail.
— Ralph Waldo Emerson

With a good core behind the person such as friends, family and even teachers, a person will be more open to understanding the need to move on instead of making the mistake of holding on for too long.

I give my life a lot like the quote by Ralph Waldo Emerson "Do not follow

where the path may lead. Go, instead, where there is no path and leave a trail."

I may struggle with moving on but it's something that I will continue to work on.

Emerson made a clear picture with the quote.

He puts an perspective that moving on may be difficult but, that being said, the best is yet to come.

By instead of leaving the idea of moving on in life, take that first step and look for what is the positive aspects rather than dwelling on the negatives.

With a positive attitude, a lot more can be accomplished.

Taking risks in life is something that some people embrace while others fear it but it's a part of life.

Moving on in life taking a risk, make people will love your decision, while others may question it.

Ultimately that decision, make yours is your person and that person is you.

My last advice is not to fear moving on but to embrace the idea. Yes, it is difficult, but it can and will make you stronger.

SPOKE

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Go 'au naturel' with your health care

Try some naturopathic medicine to ward off illness this winter

By SACHIN KUMAR

Cold and flu season got you down? In swapping Haidley's and popping Tylenol can cut time off.

Before you make a trip to the emergency room or pharmacy, over-the-counter drugs and over-the-counter medications may not be the answer to what ails you.

According to the Canadian Association of Naturopathic Doctors (CAND), naturopathic medicine has grown rapidly in the last 30 years due to patients' desire for greater control of their health care process.

A growing dissatisfaction with high-tech solutions to health problems has resulted in a resurgence of interest in the natural methods of prevention, health care," the CAND website said. "This trend has increased demand for naturopathic services as people seek ways to improve their health, cope with day-to-day stresses and avoid illness."

Despite some stigmas associated with naturopathic practices, there is much scientific evidence in support of natural products.

In the U.S., an American survey who has gained much popularity with his radio and TV show, said on his website, "Natural products are often regarded as 'alternative' therapies that aren't supported by science. However, it is important to note that many of the drugs that are currently available—in fact, even the most commonly used drugs—are derived from nature. In the last decade alone, more than 30 newly approved drugs were derived from natural sources, including plants and microorganisms. It has been estimated that 80 per cent of contemporary drugs (those used in the last few decades) are either directly extracted or chemically derived from naturally occurring compounds."

Thomas Yut, owner manager at Sharp Naturopathic Clinic in Kitchener, said they use a holistic approach to diagnosing patients, taking into account mental and social factors, not just the physical symptoms of an illness.

"Naturopaths treat the whole person, not the symptom," Yut said. "They have been trained to treat the underlying issue that causes the symptoms. The services that our naturopaths provide



PHOTO BY SACHIN KUMAR

distilling tea can help soothe sore throats, ease stomach pain and boost metabolism, among many other benefits. Pour a cup of tea and connect with the season this winter with some naturopathic remedies.

are much more personal, intimate and individual."

Patients can visit a naturopathic clinic for a number of reasons, just as they would a hospital. Symptoms can range as simply from headaches to emergency stress.

In Kitchener there are two and a naturopathic doctor at Sharp said, "Our naturopathic doctors provide IF therapy for a wide range of issues including headaches and migraines, chronic fatigue and fibromyalgia, chronic stress and anxiety, decreased immune function, Crohn's and celiac-like disorders and general health. Dr. Chantal Greenman, another naturopathic doctor here at our clinic, offers full psychological assessments."

If treatments are discontinued or being headlocked toward recovering energy levels after illness, it has also been linked to improved athletic performance, detoxification and purification, immune balance and support, digestive disorders, autoimmune conditions and allergies, and Parkinson's disease.

Naturopathic doctors prefer this method of treatment because it allows nutrients to be delivered directly into the

bloodstream, allowing a high concentration to be absorbed with little to no effort from the body.

Naturopathic medicine includes vitamins, minerals, Chinese medicine, balancing the body, acupuncture and homeopathy.

"Most of these treatments are natural, there are little to no side effects," Yut said. "Most health insurance companies now offer coverage for naturopathic appointments. I can't think of any costs. I guess if your insurance runs out then you would have to pay out of pocket."

Yut and also those to see a naturopathic doctor many years ago, and now use a naturopath instead of a medical doctor.

"Many people don't know that you can be a naturopath for any health issue," Yut said.

So before you spend hours in a waiting room, consider your health care options. For less severe medical problems, patients found in your neighborhood may treat diseases. Drinking tea can provide medicinal properties that can boost your immune system and metabolism, as well as soothe sore throats, nausea,



cramps and other ailments, avoids weight gain, provides natural skin care, a few drops of lavender oil at the base of your throat and neck,

between the eyebrows, or along pressure points in the wrist can ease the stress of the day and is helpful during migraine attacks.

Alzheimer's a devastating disease

By **ARMON DODGE**

If the human brain were like a video recorder, our memory could retain three million hours of TV shows, according to Paul Kirsch, a psychology professor at Macquarie University. In an article in the magazine *Scientific American* (April), he says you would need to know your site number running for more than 300 years to fill that space.

Although that capacity is unlimited in terms of use, it begins to diminish if you have Alzheimer's.

Roughly 60 per cent of Canadians live with a type of dementia that is not reversible. About 1.5 million Canadians have Alzheimer's disease. An article in *Scientific American* (June) says 100,000 Canadians die each year; over one million Canadians will be living with some sort of dementia by 2035.

The stakes are high, but higher risk we have of developing the disease. It is also said that women are more likely to

develop the disease than men.

The reason people get Alzheimer's isn't clear, nor is there a cure. However, there are many warning signs to look for if you think you or someone you know may be at risk of developing the disease.

According to the Alzheimer Association of Canada, make sure you watch for memory loss that affects day-to-day function, difficulty performing familiar tasks, problems with language, disorientation of time and place, poor or decreased judgment, problems with abstract thinking, neglecting things such as putting a phone in the pocket, changes in mood and behavior, changes in personality and loss of initiative.

If you notice any of these signs in someone in your life, the next step would be to talk to your family doctor. Although there is no cure, there are ways to help treat it and slow it down.

It is often hard to notice if someone is developing

Alzheimer's in any type of dementia in the early stages. It takes a lot of attention and you must be ready to notice subtle changes.

Sharon Koss, a 55-year-old "Windsor resident," has dementia, but even the disclaimer says that there doesn't seem

"I do would know how to get somewhere for the past 10 years and all of a sudden she would be asking for directions," Ross said. "We really started to think something was wrong when she couldn't find their house anymore." Those days, she has her good days and bad days. On her bad days she can't remember anyone. There are also days in the middle where she sometimes forgets how she got there. She's still able to person she was, she still makes everyone laugh and she still mothers us all."

Some families also decide to try to prevent the disease by Alzheimer's researchers of their life every day.

"We put a collage in her room of every family member, so whenever someone comes over they can point to their pictures to let her connect a face to a person if she can't remember," Ross said.

According to the Alzheimer's Association of Canada, keeping routines is a good way to help someone know what to expect. Someone with Alzheimer's should be given some sort of responsibility. For instance, it's good to keep certain events on the same times every day, such as when they wake up and when family visits, according to the Alzheimer's Association.

Memory is Alzheimer's strongest asset, which's made the public that it is important to know exactly what Alzheimer's does. All the myths to show that we are able to help those in our lives who may have to deal with the disease.

To gain more awareness about Alzheimer's, go to www.alzheimer.ca.

MYTHS AND TRUTHS

Myth: Because someone in my family has Alzheimer's disease, I am going to get it.

Truth: Only a small percentage of those who have a first-degree relative with Alzheimer's disease will develop the disease due to genes.

Myth: Only old people get Alzheimer's.

Truth: Age creates a much higher risk of developing the disease, but even people in their 40s have been diagnosed.

Myth: There's a cure for Alzheimer's disease.

Truth: There is no cure yet. **Myth:** You can prevent Alzheimer's.

Truth: You cannot prevent it, you can only lower your risk by taking certain lifestyle choices.

Myth: All people with Alzheimer's disease become violent and aggressive.

Truth: Everyone is affected differently.

Myth: Alzheimer's isn't a fatal disease.

Truth: Actually it is fatal.

Working out can help you heal

By **ARMON DODGE**

Yoga can be good for the body and the mind, good for the soul and good for the mind. If you're feeling tired or stressed, you should give it a try.

A demonstration by Vanessa Gillingham, a yoga instructor at the Cambridge YMCA, was held on Jan. 7 at the Cambridge Library at the Regent.

"This is the time of year when winter is taking a look at our bodies and maybe making some changes but wanting to take a look at our mind as well," said Karen Murray-Hill, the future cultural programs and special events planner for the Cambridge Library, who said why the library was holding the demonstration. "The YMCA is not only a standing place to work on your body but to work on your mind as well and we want people to be aware of that."

Yoga makes the mind the body and the spirit. Instructors believe that if the mind and body are united and then given the right environment, the body can find harmony and heal itself. Yoga is a science that has been practiced for thousands of years and originated in India. It consists of ancient theories, observations and principles about the mind and body connection which is now being proven by modern medicine.

There is research being conducted on the overall health benefits of yoga. Those who

participate find it helps them relax, even when under stress, it decreases their cholesterol, lowers their blood pressure, makes them more flexible and helps them feel

better. "It's just good for everyone and anything," said Gillingham.

For more information contact your local YMCA.



People at local sessions.

Vanessa Gillingham, a yoga instructor at the YMCA, was one of the demonstrators held at the Cambridge Library on Jan. 7.

Alzheimer's disease... it's more than you think

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Christmas Wish Tree

Every year Conestoga Students Inc. looks forward to putting on our Christmas Wish Tree campaign. There is something heart-warming about seeing students, faculty and staff helping other students. This year, as a group, we helped support over 50 families with 89 kid's total. On behalf of Conestoga Students Inc. I would like to personally thank every single person who helped ensure that all Conestoga Students and Families had a very happy holiday.

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It's National Non-smoking Week

By JEFF BOONICK

"The best way to stop smoking is to just stop — no life, smoke or booze," says author Edith Selter.

This week, the Canadian Council for Tobacco Control (CCTC) is celebrating National Non-Smoking Week with the theme being, "Smoking up is hard to do."

The CCTC was founded in 1994 by non-governmental organizations such as the Canadian Cancer Society and the Heart and Stroke Foundation.

Patrick Kuback, an 18-year-old student at the St. Louis Adult Learning Centre and Community Education Centre, was a smoker for over two years but decided to try quitting after a scary hospital experience. Kuback had asthma for a while but never had to use his pulmicort until one week when he had not smoked for three weeks straight.

After the attack, Kuback knew it was time for a change, so he quit, drew on his smoking and is on the right path to quitting.

Kuback is in full support of National Non-Smoking Week.

"This week is good to have because smoking is just bad in general, it does bad and maybe that's why we don't people have more knowledge of the risks involved with smoking," Kuback said.

Second year architecture-course student Patrick Brondino, lost his grandfather

to lung cancer before he was even born. His grandfather was only 50 years old when he died and he smoked a pack a day while he was still living. On top of smoking, Brondino's grandfather didn't live a very healthy life. He drank a lot of coffee and wasn't sticking to a healthy diet.

The cause of his grandfather's death made Brondino rethink his decision to smoke. He has not dived on his smoking and is ready to move forward in his life.

But, like most smokers, it hasn't been easy for Brondino. When he turned 19 in late March, he started smoking more frequently. But he quickly got back on the right track.

"My best advice to people struggling with quitting smoking is to stay strong, not let it get to you and try your best to stay away from even second hand smoke," Brondino said.

According to the Canadian Tobacco Use Monitoring Survey (CTUMS), 11 per cent of Canadians who are 15 years or older were smokers in 2005. That number dropped only two per cent over the past five years.

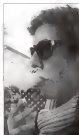
According to the survey, men are more likely to smoke than women.

According to CTRIM, the number of smokers in Canada has decreased over the past 15 years. The most recent survey compared the smoking population from 1989 to 2005. Over the 16-year span, almost two-million people stopped smoking.



PHOTO BY JEFF BOONICK

Patrick Kuback, a student at the St. Louis Adult Learning & Community Education Centre, takes a puff of a cigarette in Waterloo on Jan. 7.



Second-year architecture-course student Patrick Brondino stops to smoke while walking in the park in Kitchener on Jan. 7.

However, almost five million people in Canada still smoke, including four million who are smoking on a daily basis.

It's a life: in or out of the womb

The overwhelming proof that comes with the loss of a life often feels unbearable. But when the death could have been prevented in what is truly becoming a tragedy.

The majority of ethical

debates have a gray area, but for me, abortion is black and white. About 100,000 women have abortions in Canada every year according to the Abortion in Canada website. That's 100,000 innocent lives intentionally being snuffed out and destroyed permanently, and that's only in our country.

James O'Rourke wrote an article in the Waterloo Region Record on Dec. 31 about Kitchener Centre MP Stephen Woodworth and his desire for Parliament to have a debate on the human rights of the unborn child. Woodworth and someone else does not consider a child to be a person, until he or she has made it fully out of the mother and into the world, and until then, there is no protection for the child under the Canadian rights.

O'Rourke's article sparked



Jessica Martin
Opinion

debates among smokers and smokers. The Record's web page with comments and debates on the ethical dilemmas surrounding the issue.

As far as I'm concerned, there is nothing to debate. Religion does offer comfort for the lady who is heartless. But weeks following the conception, brain waves can be measured. Right weeks after conception, the baby's stomach, liver and kidneys are functioning and fingerprints have formed. With smoke into a pregnancy, the baby can feel pain.

According to Statistics in Canada, the latest results showed 90 per cent of all abortions reported in Canada in 2004 happened between six and 14 weeks of the pregnancy.

It's not just a bundle of cells that you're feeling. It's the beginning of a human life that you're ending. The argument is often made that in cases of rape, abortion is completely understandable.

It is a sensitive issue and it's not that I don't have sympathy for the victims, but is the baby not also a victim? Is taking the hope away from the victims child logical and fair?

Adoption agencies are always an option and there are always loving people who can't have kids looking for a child to raise, nurture and love like their own.

As far as I'm concerned, Woodworth brings up a good point.

"Now that science has, in part it is fully informed, we might be able to do better for that unborn child than apply the crude distinction of granting it human status only once it is outside the mother," he told O'Rourke.

Woodworth is right and the distinction should be dismissed, a life is a life, in or out of the womb.

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HOROSCOPE

Week of Jan. 16, 2012

Aries

March 21 - April 20

You may have a lot on the go, but remember to pace yourself because that is the only way to get it all done without driving yourself crazy.

Taurus

April 21 - May 20

Watch who you involve yourself with this week, because creating the boundaries may get you into trouble either at work or personally.

Gemini

May 21 - June 21

Allow yourself to enjoy the luxury that surrounds you. You have been busy so far, so take the time to chill out and relax.

Cancer

June 22 - July 22

Be very wary of your finances this week because if you do everything correctly by the end of the week you may just come out ahead.

Leo

July 23 - August 22

Your relationships with people in the public are going to be rewarding and help you realize just how successful people can be where they want to be.

Virgo

August 23 - September 22

Allow everything to flow as it is your best option. You are really popular right now. Enjoying recreational activities may allow for some gain this coming week.

Libra

September 23 - October 22

If you have the time, take a vacation. There is an lot to look to do so enjoy some the smallest vacation. Things will be getting better for you.

Scorpio

October 23 - November 22

Someone in your family may need your help, don't be afraid to show a little compassion and help them in need. It will strengthen your family bonds.

Sagittarius

November 23 - December 22

Your ability to see your work will help this week. Stop and think carefully before you make a major decision.

Capricorn

December 23 - January 22

Do not give into your temptations, you do not have the finances to pay for your need for designer labels.

Aquarius

January 23 - February 22

You are very fortunate this week, fortunately the things around you that are not too far off the mark, which may result in positive effects.

Pisces

February 23 - March 22

This is a challenging time for you financially wise. The upside is that you are more likely to spend your mind if you are displeased with how things are going.

Kenneth Beltrami is the resident astrologist who guided into the stars and now it's going back for the last time, creating the universe to unfold before him.

Listening to Bon Iver does not make you a hipster



Vincent
Dobrowolski
Opinion

According to Urban Dictionary, hipsters are a mix of artists and musicians, typically in their 20s and 30s who value indie products (think vinyl, indie culture, progressive politics, an appreciation of art and independent, creative, intelligence and witty language).

Now, if you bring to me song by Bon Iver, Two Door Cinema Club, Vampire Weekend or any other of those bands, you are not a hipster. I often hear people saying things such as "Oh my god, I'm such a hipster," after hearing one song by Bon Iver, or most times their most popular hit. What is that obsession with being a "hipster"?

Also, if you purchase clothes from H&M or Forever 21, you're not a hipster, as most groups in power buy their clothes at discount shops or the Salvation Army.

The hipster phase was always around, but it grew stronger a few years ago. Fringe clothing, upscale dress, sneakers, hats, plaid scarves, glasses, mustache bands and indie music are only a few of the characteristics that came with the new trendy term. When "hipster" was brought into pop culture, and inspired people to do what life is big game. Most of the hipsters I've met have a great passion for life, art and music, which is incredibly refreshing from whom I'm sharing from.

What annoys me, and this comes with every trend, are the wannabes. The ones who have heard of Bon Iver and with a sound wearing mismatched clothing and proclaiming they are "hipsters."

Or, better yet, the ones who wear the fake 3D glasses with the lenses popped out.

You always suspected yourself to be a person, and while the world is full of people who do it for the right reasons and make sure you and your crowd share the same values.

AIN'T NO REST FOR THE COMMITTED



PHOTO BY LUTHER GUYER

Ben Hovings, a first-year culinary studies chef training student at the Waterloo campus of Cambridge College, looks over one of the textbooks in preparation for the second semester.

Upcoming Career and Employment Events

Don't wait until you graduate - start thinking about your career today with these great workshops.

University Planning Workshops

January 17: 11am - 12pm, Room 2014 (Closed)
January 17: 12-1pm, Room 2014 (Closed)
January 17: 12-1pm, Room 2014 (Closed)
January 17: 12-1pm, Room 2014 (Cambridge)

Learn about the formal agreements that Cambridge has with universities in Canada, United States and abroad. Application Process, Transcripts, Deadlines, Fees.

Registration is required via MyCareer.

Career & Educational Planning Workshops

January 17: 11am - 12pm, Room 2014 (Closed)
January 17: 11am - 12pm, Room 2014 (Cambridge)

Learn about: Career and educational planning, four options and a lot more. Great resources for managing your own career path.

Registration is required via MyCareer.

Resume and Cover Letter Workshops

January 17: 2-3pm - 4pm, Room 2014 (Closed)
January 17: 2-3pm - 4pm, Room 2014 (Cambridge)
January 17: 2-3pm - 4pm, Room 2014 (Closed)

Registration is required via MyCareer.

Municipal Sector Job Fair

January 17: 1-3pm, B.C. Alumni Network with local Municipal employers.

Degree and Graduate Studies Fair

January 17: 11am - 1pm, Blue Room
Visit with representatives from 20 universities.

Sign up to MyCareer to register, or check out the ongoing resources for career planning on the Career Services Web.

(From the Student Portal, click on the "Services" tab.)

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Top Five Countdown: 2011's best movies, TV shows and albums

Top Five Movies

5. *Life as a House*

In this play in a X-Men First Class. This film introduces us to many new characters and has had both acting and storytelling. The X-Men series has been in need of a revamp since the disastrous *Origin: First Step* with a set of characters already established at once to see like a hero out of X-Men films will be in the works. And that has not excited for future films.

4. *Monterey*

This is essentially the David vs. Goliath of sports movies. You have the 100-million-pound of the Oakland Athletics vs. the almost 100-million-pound of the New York Yankees. David Pitt stars as the confident Billy Beane, the Athletics manager who is forced to work with the small budget. It is the story of how interesting in something may be if you need to make it work.

3. *The Help*

Reese Witherspoon is the new Hollywood it girl. *The Help* and *Stone*'s outstanding performance fall in at number 3. Stone gave her character of LBJ's "Stonewall" a voice, and reminds everyone how powerful one person's voice can be. *The Help* has a strong cast and is well-written.

2. *The Runaways*

The Runaways tells the past about number 1. Johnny Depp stars in the adaptation of Hunter S. Thompson's novel of the same name. With the film set in many Pacific Rim, the story of Paul Kemp and a few friends to the last back atmosphere of the film. Depp and his cast make perfectly perfect those well-dressed characters. (After Heard) is very appealing in her role as Gwendolyn, her beauty naturally explains Kemp and their connection is established. Their behavior remains hilarious throughout the film.

1. *Stone*

In a year that was filled with blockbusters such as *Bluey* and *Stone* it was a small comedy that caught my attention. *Stone* puts the reader in a room for the ability to make me laugh and almost cry all with in the same movie. *Stone* (Lionel Lin) perfectly balances on upbeat films with an emotionally low spot. *Stone* He provides just enough A-list appeal and body like personality to make this work.



STONER PICTURE



SCOTT
DELINIA
OBYSON

Top Five TV Shows

5. *Criminal Minds*

Season 6 was marked with acts that made little sense. Two cast members left and two were in an episode. This season both *Paul* and *Paul* were in an episode. With their back *Criminal Minds* has also returned to form going back to the season they were successful in the first place, original and compelling storylines. There is a dynamic between the cast that was not captured during season 5.

4. *Two and a Half Men*

With Charlie Sheen out and Ashton Kutcher in, this show drew a lot of attention from people. The premiere had 15 million viewers, the highest ratings for the show. It was a good, refreshing pace for a show that had gone with over eight seasons. With Charlie in the lead it seemed like it was always the same storyline. With a new character of his back to the show, it was a new character of his back to the show, it was a new character of his back to the show, it was a new character of his back to the show.

3. *Community*

Simply one of the best shows on TV. *Community* always keeps the humor relevant. *Community* continues to be the standard in the field, while *Community* was a similar situation to an already existing one. The only and there is *Community* has been put on hiatus until further notice, which could be the last step to the impending cancellation.

2. *Breaking Bad*

Just when you think *Breaking Bad* has done it all it comes back with an even more explosive finale. Season 5 has ended with Walter White finally going insane because of his life. *Breaking Bad* continues and *Breaking Bad* should come again to find reasons since *Breaking Bad* continues. *Breaking Bad* has been the previous three seasons of *Breaking Bad* and season four probably won't be any different.

1. *The Walking Dead*

Ten months was a long wait for season two, but immediately it started with a bang. *The Walking Dead* has been much closer than the first, allowing time to explore the characters. He makes some two better than the rest in episode seven, entitled *People*. *The Walking Dead* is the most of a missing *People* has been concluded, and the only way you can understand the emotional impact it had is to watch the show.

Top Five Albums

5. *Hope and Glory* by The Turtles

More *Beats* returns. The *Beats* came back with a classic and modern album. This album is always had the love of music and will appear. A solid soundtrack, after their musical album *Friends* and *Tales*. *Beats* is the band who allow their music reflects their thoughts on life, love and friendship.

4. *I'm with You* by Fall Out Boy

Nothing was more powerful than hearing a new Fall Out Boy song. Despite the fact that the band's first album *Infinity on High* had left the band, the Fall Out Boys were able to find a new sound with *Infinity on High*. It may not be their best album of all time but it is still a well-written and well-paced album.

3. *Going to the Sun* by The Dropkick Murphys

This is a concept album telling the story and tribulations of the band through a fictional story. It is their seventh studio album. Adding the concept has kept the album fresh and worth a listen.

2. *Take Care* by Drake

Drake continues to rap about love and love and love. It has changed his life, songs that have changed it in a more, more emotional approach to what he has brought him. The emotion in the song is well done because of Drake's own words. The album gives him a new sound and can be an artist.



HEART AND STROKE

1. *Camp* by Chloë Gambino

Happier under the umbrella, Chloë Gambino's new album *Camp* (which proves to be more than just a one-time shot). Her album *Camp* focuses on her growing up and her music on her own. Like many others, *Camp* talks about struggles growing up. *Camp* may appear to be about her family struggles to improve themselves while giving their children everything they could. *Camp* is honest and real from start to finish.



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He Is Legend back in the studio

By DANIEL HEWITT

Look out metal heads, rock and roll underground! He Is Legend is ready to head back to the studio.

After the 2009 release of *Hates You*, metal working Internet rumors of problems with their label, Tooth and Nail Records, North Carolina's He Is Legend took a musical sabbatical.

"It's [in legend] my senior yearly break up," said Matt Williamson, He Is Legend's bassist. "We just didn't look any more and weren't ready to do a new album. We also didn't dispute any members in the Internet that stated we were breaking up or we weren't." We never made a public decision on any of that. We just took a much needed break."

The band is presently unsigned, and for the time being plans to stay that way as they work out the process of recording their next album.

"The plan right is simply to write and record a new album. Personally, I would love to stay unsigned," Williamson said. "If there is any way for us to record and

put out this record ourselves.

Between the record sabbatical something similar, that they would be something that interests us over trying to get signed to a label, as they can hand our record and put it out, and I'll say them these words of advice for the next 10 years of my life."

Parting out an album and touring is a really endeavor and without a label it means there are several challenges, but He Is Legend remains undaunted.

"That's not really on my mind right now," Williamson said. "There is the local metal regional area, sure, but as far as going out on a two-month-long tour, that's not in my mind here just yet. Making this record is what we are going to focus all of our energy on."

"We haven't collectively written any full songs together yet. But we are just working out how we're going to do this. How are we going to record? How are we going to put it out? The way just is writing the music. We're going to do that together, but figuring out everything on our own is going



CHRISTIAN PERRY

North Carolina's He Is Legend has arranged an end to their musical sabbatical and will return to the studio to record a new album.

to take some time."

Local musician Skyler Cross refused the statement of timeliness.

"We are taking our time working out a game plan on doing this record ourselves," he said. "We're on our

whimsical at the amount of interest from y'all."

Though quiet on the touring front, guitar hero Chris Hays recently behind the scenes for He Is Legend.

"We played a show at December 2010 and was in

October 2011. So I mean, we didn't discuss or break up.

We were simply carrying on our own with other things and we did it was the right time to do something again," Williamson said. "That took like the right time."

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The new year is here and we are all celebrating. There are positive expectations and there are negative ones. Apparently the world is going to end but that can be the last time every year. While we wait for doomsday, we can sit down and watch some movies.

Film criticist as, advocate us, and even inspire us with stories we can relate to. 2013 had many releases that people were waiting for such as *Captain America*, *Transformers*, *The Dark Knight*, *Iron Man 3*, *Man of Steel*, *The Hunger Games*. This year brings more eagerly anticipated movies so really want to see.

The *Dark Knight* Rises by director Christopher Nolan is one of them. Its predecessor *The Dark Knight*, was an amazing movie and won two Academy Awards. This year brings more eagerly anticipated movies so really want to see. The *Dark Knight* Rises by director Christopher Nolan is one of them. Its predecessor *The Dark Knight*, was an amazing movie and won two Academy Awards. This year brings more eagerly anticipated movies so really want to see. The *Dark Knight* Rises by director Christopher Nolan is one of them. Its predecessor *The Dark Knight*, was an amazing movie and won two Academy Awards. This year brings more eagerly anticipated movies so really want to see.



Matthew C. Spalden

"Keep it secret, keep it safe." Lord of the Rings fans would know Gandalf and these words. The master of The Hobbit. An Unexpected Journey was filmed in December and started major box office everywhere. I am excited about this movie. It follows Elessar Aragorn as his journey in the Lonely Mountain and features characters from the series.

However, we have a long wait for this one, unfortunately. It comes out in December this year and we are still a few days out. From the latest movies, the long-awaited Avengers also released. This year in May, I'm curious to see how this movie will play out, since it has so many popular actors and characters in it, including Robert Downey Jr. as Iron Man, Scarlett Johansson as the Black Widow, Chris Evans as Thor, and Chris Evans as Captain America. It is a league of superheroes taking



CHRISTIAN PERRY

Iron Man 3 starring John Robert Bale at Christmas in The Dark Knight Rises.

on the release. I hope they don't disappoint us. I loved the last one, made that into the other as the latest movies. This is one movie you don't want to miss.

There are so many other movies releasing this year that I could fill this entire page. Other notable include *The Amazing Spider-Man* and *Michael the Great James Bond*. Whatever you choose to watch, it should be worth your time. You'll be entertained and inspired and taken to worlds where anything is possible.

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